

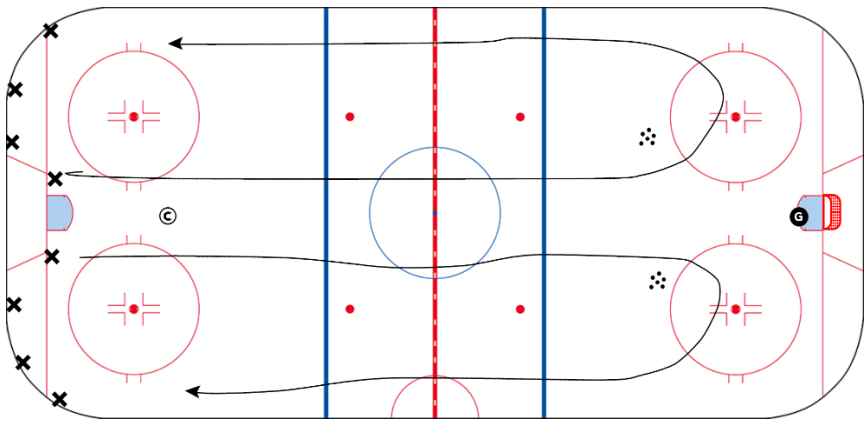


HOCKEY CALGARY

RHC 2021 Skill Development – Skill Session 8 – Shooting

Team: _____ Date: _____ Time: _____ Location: _____

Practice Objectives: _____

DRILL: Butterfly Pattern Skills – With Shots (repeat or pick up where you left off)	COACH: All	TIME: 5-10 Mins (shorter than last week)
GOALIE PURPOSE: Warmup Shots		<u>VIDEO 1 – VIDEO 2</u>
<p>DESCRIPTION: Players line up in two lines at one end. Coach demonstrates a skill; players emulate this skill moving down ice. At far end, players pick up a puck and get a shot. They then swing to corner and execute the skill again back to the line. See various videos (not all skills in videos should be done, judge your group based on their skill level)</p> <ul style="list-style-type: none"> • Inside edge (progression – add jump) • Outside edge • Bubbles • Heel to heel • Toe turns at each line (remember to alternate directions) • Crossovers • Pivots/transition (ex. Forward to red line, backward to blue, forward to far blue, backwards to red, etc.) • Backwards skating <p>Progression: Add Pucks</p>		
<p>KEY TEACHING & EXECUTION POINTS:</p> <ul style="list-style-type: none"> • Slow deliberate and mechanical executions • Focus on technique and mechanics 		

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<p>DRILL: 4 Blues Warm-up</p>	<p>COACH: All</p>	<p>TIME: 6-10 Mins</p>
<p>GOALIE PURPOSE: Warm up shots</p>		
<p>DESCRIPTION:</p> <ul style="list-style-type: none"> • Part 1 (in Red) - Players leave from opposite corners, pass and receive with coach, go in for shot • Part 2 (in Blue) - Players leave from opposite corners, pass to coach, coach passes across ice to line, who gives pass to player skating around the circle. • Part 3 (bottom rink) - X skates around, gives and receives pass with each corner, goes in for shot <p>Cross corners go at same time. Switch sides halfway through.</p> <p>Progressions:</p> <ul style="list-style-type: none"> • Part 2 and 3 • Be creative, there are many way to change/add 		
<p>KEY TEACHING & EXECUTION POINTS:</p> <ul style="list-style-type: none"> • Communicate • Crisp passes 		



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DRILL: SCORING – 1 ON 0 ATTACK MOVES	COACH: All	TIME: 15 Mins
GOALIE PURPOSE: Matching Speed, Depth and Tracking		
<p>DESCRIPTION (SEE LINKS):</p> <ul style="list-style-type: none"> • #1 – BH Shot <ul style="list-style-type: none"> ○ VIDEO • #2 – FH Shot <ul style="list-style-type: none"> ○ VIDEO • #3 – Toe Drag <ul style="list-style-type: none"> ○ VIDEO • #4 – Eberle Move <ul style="list-style-type: none"> ○ VIDEO • #5 – Shot through Screen <ul style="list-style-type: none"> ○ VIDEO • #6 – Puck off stick <ul style="list-style-type: none"> ○ VIDEO • #7 – Chip BH-FH <ul style="list-style-type: none"> ○ VIDEO • #8 - Change Puck Angle <ul style="list-style-type: none"> ○ VIDEO • #9 - Pull in Push Out <ul style="list-style-type: none"> ○ VIDEO • #10 – Spin to Forehand <ul style="list-style-type: none"> ○ VIDEO • #11 – Puck Through Legs <ul style="list-style-type: none"> ○ VIDEO • #12 - Puck Protect to Backhand <ul style="list-style-type: none"> ○ VIDEO • #13 – Spinorama <ul style="list-style-type: none"> ○ VIDEO 	<p>You will not be able to get through all of these. This drill will be in every shooting session. Start with #1 and 2 and work your way.</p> <p>Regressions: repeat from session to session</p> <p>Progressions: advance to the other options from session to session</p>	

DRILL: Wetty Release	COACH: All	TIME: 6-8 Mins
GOALIE PURPOSE: Matching Speed, Depth and Tracking		
<p>DESCRIPTION:</p> <ul style="list-style-type: none"> • 2 players touch pass 2 times, X1 peels as X2 continues passing with X3. X3 passes to X1 for catch/release. X1 stops at net and screens for second shot from coach. <p>Regression: Catch and Stop – remove touch pass</p> <p>Progression:</p> <ul style="list-style-type: none"> • Fit in more touch passes as player goes around • Different types of passes 		
<p>KEY TEACHING & EXECUTION POINTS:</p> <ul style="list-style-type: none"> • No Dust • Quick puck movement • Stick out in front of body on screen 		



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<p>DRILL: TEAM TACTICS – SKATE PASS SHOOT – REGROUP</p>	<p>COACH: All</p>	<p>TIME: 6-8 Mins</p>
<p>GOALIE PURPOSE: Rebound Control</p>		<p>VIDEO</p>
<p>DESCRIPTION:</p> <p>Player line up along boards on blue line. Place a pylon near the top of the circle in the offensive zone and another one on the red line near the edge of the centre circle. Coaches along boards at far blue line</p> <p>First player in line backpeddles, receives pass, pivots at pylon then skates forward and passes to coach on same side blue line.</p> <p>Player transitions and receives quick up pass from coach and drives net for shot. Stop after shot, and then sprint to corner for second puck, skate back around pylon in offensive zone and take second shot on net</p> <p>Progression – can 1 touch passes to start drill and with coach</p> <p>KEY TEACHING & EXECUTION POINTS:</p> <ul style="list-style-type: none"> • Present stick as target • Smooth transition on regroup, open up to coach • Accelerate after receiving pass 		

<p>DRILL: 3 Shot Cycle (Station 1)</p>	<p>COACH: All</p>	<p>TIME: 6 Mins</p>
<p>GOALIE PURPOSE: Angles and rebound control</p>		
<p>DESCRIPTION: SPLIT PLAYERS IN 2 GROUPS 2nd drill below</p> <p>X1 leaves up wall. Bumps puck to next player in line. Around the horn, receives pass, shot. Proceeds to opposite corner, picks up puck, around the horn, shot. Proceeds to pivot or tight turn around cone, receive pass from coach for 3rd shot.</p> <p>Regression: start with just 1 shot, or 2 shots. Players get more reps. Otherwise, split group into 4 and 4 and have a separate station in the NZ for the group.</p>		
<p>KEY TEACHING & EXECUTION POINTS:</p> <ul style="list-style-type: none"> • Keep the feet moving • Quick puck retrieval and quick to net • Head up for shot selection 		
<p>DRILL: Point Shots (Station 2)</p>	<p>COACH: All</p>	<p>TIME: 6 Mins</p>



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GOALIE PURPOSE: No Goalie	
DESCRIPTION: SPLIT PLAYERS IN 2 GROUPS 1st drill above Player or coach makes pass to point. Options: <ul style="list-style-type: none"> • Push puck to middle wrist shot (forwards skating on line) • Push puck Get puck to middle slap shot (forwards skating on line) • Drag/Pull to middle wrist shot (backwards skating on line) • Drag/Pull to middle slap shot (backwards skating on line) • Drag/Pull to middle, fake and push. Keep puck on forehand, wrist shot and slap shot • Drag/Pull to middle, fake and pull backhand • Pull to middle “hip turn” fakes Pull to middle and then reverse direction and shoot	
KEY TEACHING & EXECUTION POINTS: <ul style="list-style-type: none"> • Head up on all shots • Get the puck to mid ice as fast as possible • Shot needs to hit the net • Get the puck off the ice to avoid sticks and skates 	

DRILL: Baseball or SHOOTOUT!!!	COACH: 1	TIME: 6-10 Mins
GOALIE PURPOSE:		WORK/REST RATIO:
DESCRIPTION: O's are up to bat! O's pass the puck to any X. Every X has to receive a pass before executing a shot. Meanwhile the O tries to skate around the 'bases' and down to the goal line. If the X's get a shot on goal before the O reaches the line, it's an out, if O wins, it's a run scored. If X's score, it's 2 outs.		
KEY TEACHING & EXECUTION POINTS:		

DRILL: SHOOTOUT!! (IF TIME)	COACH: All	TIME: 5 Mins
GOALIE PURPOSE:		WORK/REST RATIO:
<ul style="list-style-type: none"> • No dekes 		